

ALL MEALS INCLUDE ONE BREAD (30GR.) PER PERSON. (PROTEINS: 2,60GR., FATS: 0,90GR., CARBOHYDRATES: 15GR., ENERGY: 121,70 KCAL



MEASUREMENTS ARE DONE BASED ON THE "INTERNATIONAL RECOMMENDATIONS FOR THE NECESSARY CALORIE INTAKE, MACRONUTRIENTS AND MICRONUTRIENTS IN CHILDHOOD".

Date	NOVEMBER MEDITERRANEAN MENU 2023 Meal
Wednesday 01/11	Bean soup with tomato sauce, celery, carrots and potatoes with season salad
Thursday 02/11	Small pork bites, olive oil, lemon and oregano with mashed potatoes and season salad
Friday 03/11	Spaghetti with tomato sauce, graviera cheese and season salad
Monday 06/11	Pasta "quills" au gratin with chicken, smoked turkey and graviera cheese with salad
Tuesday 07/11	Fish fillet bites with cous-cous and salad
Wednesday 08/11	Potatoes with tomato sauce and herbs with feta cheese
Thursday 09/11	Chicken soup with pasta "stars" and season salad
Friday 10/11	Oily peas with feta cheese
Monday 13/11	Mini pork schnitzels with pasta "shells" and season salad
Tuesday 14/11	Roasted chicken breast filet with lemon and oregano, baked potatoes and salad
Wednesday 15/11	Lentil soup with season salad
Thursday 16/11	Braised veal with tomato sauce, butter rice and salad
Friday 17/11	Oily green beans with feta cheese
Monday 20/11	Fish fillet bites, cous-cous and season salad
Tuesday 21/11	Minced beef meatballs, pasta "shells" and season salad
Wednesday 22/11	Spinach with rice, aromatic herbs and season salad
Thursday 23/11	Mini soft chicken 'souvlakia' with baked potatoes and salad

Friday 24/11	Leeks with rice and herbs with feta cheese
Monday 27/11	Breaded chicken breast fillet bites with butter rice and salad
Tuesday 28/11	Mini soft pork "souvlakia", cous-sous and salad
Wednesday 29/11	Baked vegetables in the oven "briam" and feta cheese
Thursday 30/11	Pastitsio with minced beef meat, béchamel and season salad



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